



# ANAD

YOUR FUTURE IS WORTH FIGHTING FOR

## EATING DISORDERS AT A GLANCE

### ANOREXIA NERVOSA

**Anorexia** is not consuming enough calories, which leads to a significantly low body weight. Anorexia can also create an intense fear of gaining weight or becoming fat. People with Anorexia can have a hard time recognizing the seriousness of their current weight, may be unable to see how thin or underweight they are, or the person is very reliant on their body weight and shape for their self-evaluation/worth.

### BULIMIA NERVOSA

**Bulimia** is defined as recurrent episodes of binge eating along with compensatory behavior. An episode of binge eating includes eating with a sense of lack of control over eating during the episode (a feeling that one cannot stop eating or control what or how much one is eating). In Bulimia, a person also recurrently tries to make up for eating by compensating with fasting, self-induced vomiting, excessive exercise or use of laxatives, diuretics or other medications.

### BINGE EATING DISORDER

**Binge Eating Disorder** is defined as recurrent episodes of eating an amount of food that is definitely larger than most people would eat within a two hour time period, with a sense of lack of control over eating during the episode (a feeling that one cannot stop eating or control what or how much one is eating).

### BODY DYSMORPHIA

**Body dysmorphia** is characterized as an obsession with an imaginary defect in physical appearance or an extreme concern with a slight physical blemish, which other individuals may not even recognize. Individuals with BDD have misconceived beliefs regarding their body and the most common body parts for both men and women to have false misconceptions about are skin, hair and nose. Others include eyes, teeth, chin, legs, lips and height.

### PICA

**Pica** is the consuming of substances that have no nutritional value for a period of at least one month. For example if someone eats cotton or clay.

# RUMINATION DISORDER

**Rumination Disorder** is repeated regurgitation of food for at least one month, which includes re-chewing, re-swallowing or spitting out food.

## ARFID

### **Avoidant/Restrictive Food Intake Disorder (ARFID)**

is an eating or feeding disturbance where a person is unable to meet their nutritional or energy needs.

Some ways that you might notice this are significant weight loss or not keeping up with expected growth, nutritional deficiencies, dependence on nutritional supplements or having one's nutritional issues interfere with their psychosocial functioning.

## OSFED

**Unspecified Feeding or Eating Disorder (OSFED)** is for disorders which do not meet the criteria of any of the above disorders, but still cause great emotional upset or interferes with daily life.

**Atypical Anorexia Nervosa:** meeting all of the symptoms of Anorexia with weight at or above normal range

**Binge Eating Disorder:** less frequent or did not occur as long as needed for the full diagnosis

**Bulimia Nervosa:** less frequent or did not occur as long as needed for the full diagnosis

**Purging Disorder:** is when a person purges without bingeing

**Night Eating Syndrome:** this occurs when a person consumes at least 25% of their daily intake after the evening meal. Waking up after going to bed in order to eat may also occur.

Over the last 45 years of ANAD's existence, we have heard so often from people who have been told they do not have an eating disorder because their weight is not low enough or because they are not a young, white female.

ANAD hopes you will listen to *your* own feelings and body. If you *think* you have an eating disorder, you probably do.

We are here to help you through your confusion, your feelings, your eating behaviors, and your hunger.

Please contact us if you think you have an eating disorder or you think a loved one is suffering from one. Even if a medical professional, parent, teacher, trusted adult, friend or otherwise has told you that you don't have one, you know yourself better than anyone else. And we're here for you.